

MUNCH & MOVE

Issue
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Welcome to the second issue of 'Munch & Move', the newsletter that's especially for parents. This issue will give you info about healthy eating as well as show you how to correctly 'leap' and 'gallop' so you can practice Fundamental Movement skills at home with your child.

How much should my child eat?

Parents often worry if their child is eating too much of the wrong types of foods or enough of the right types of foods. Children often have growth or activity spurts, so sometimes they are really hungry and other times they are not so hungry. You can usually trust your child's appetite to get the balance right. Don't force children to eat as this can lead to over eating.

Quick Tips

- Encourage children to eat the healthiest foods on their plate first. This makes sure that they get all the nutrients before they get full.
- Have set meal times when possible. This will help to prevent between meal snacking on high fat, salt or sugar food selections made in a hurry.
- Have healthy snacks available in case your child is hungry between meals.



**Choose healthy snacks yourself...
It will encourage your child to eat healthy snacks too!**

Healthy snacks

Try to avoid buying unhealthy snacks. Children will snack on what is available to them, so try to stock your home with healthy choices such as fruits, vegetables, dairy products (reduced fat for children over 2 years of age) and high fibre or whole grain breads, crackers and cereals.

For more information on healthy snacks ask your childcare staff for a copy of the Munch & Move fact sheet 'Choosing Snacks for Young Children' or download a copy from www.healthykids.nsw.gov.au (click on the Munch & Move logo).



Fundamental Movement Skills...

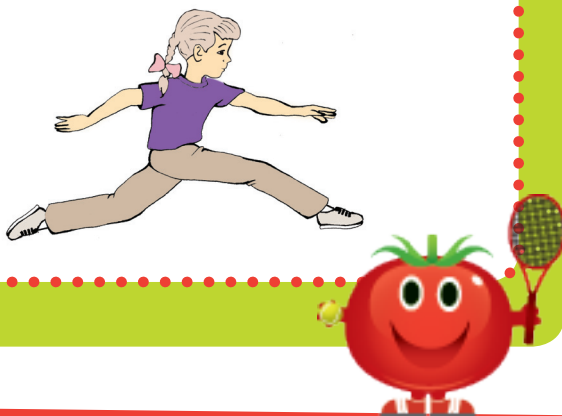
Below are two of the twelve Fundamental Movement Skills that your child is learning and practicing at child care. You can have fun practicing these together at home.

Leaping

Is a graceful long step so the body lifts off the ground to cover a distance or go over a low obstacle. A short run before a leap aids the momentum of the leap.

Does it look right?

- Take off on one foot and land on the opposite one.
- There should be a brief period where both feet are off the ground.
- The foot opposite the lead foot should reach forward during the leap.

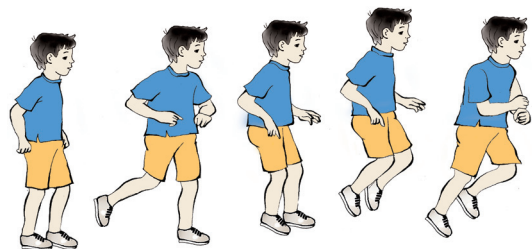


Galloping

Is stepping off one foot then sliding with the other foot in a forward direction. Weight is transferred from the front foot to the back foot with a small lift, before the foot takes the next step. The stepping foot is always the front foot.

Does it look right?

- Arms bent and lifted to waist level at take off.
- Step forward with the lead foot followed by a step with the trailing foot to a position next to or behind the lead foot.
- There needs to be a brief period where both feet are off the floor.
- Ensure the child maintains a rhythmic pattern for at least four consecutive gallops.



How can I find out more?

You can speak to staff at your childcare service for further information. They will have fact sheets and other resources for you.

Alternatively you can visit the healthykids website: www.healthykids.nsw.gov.au and click on the Munch & Move logo.

Don't Forget! Eating healthy snacks yourself will encourage your child to eat healthy snacks too.

